

## **Thaw and cook your Thanksgiving turkey safely**

**By Deb Botzek-Linn, University of Minnesota Extension**

ST. CLOUD, Minn. (11/16/2015) — On Thanksgiving, many of us will take on the challenge of cooking 12-20 plus pounds of poultry. The basics of roasting a turkey at 325°F for approximately 15 minutes per pound are pretty simple. But, there is more to the safe preparation of the turkey.

Before purchasing the turkey, assess your freezer and refrigerator space. Is there ample freezer space to store a frozen turkey and enough refrigerator space to thaw a turkey?

Thawing a frozen turkey takes time. In the refrigerator allow 24 hours (or more) for each 4-5 pounds of turkey. Hold no more than 1-2 days after thawing. You can speed up the process by thawing in cold water. Place the turkey in its original packaging in cold water, allowing 30 minutes per pound to thaw. Change the water every 30 minutes. Cook the turkey immediately after it is thawed. Do not thaw frozen food on the counter.

To stuff or not to stuff? For optimal safety and uniform doneness, the USDA recommends that stuffing be baked separately. Stuffing in the turkey may not reach 165°F—the temperature needed to kill any bacteria present.

Even if your turkey has a “pop-up” temperature indicator, it is recommended that you also check the internal temperature of the turkey in the innermost part of the thigh and wing and the thickest part of the breast with a food thermometer. A whole turkey is safe when cooked to a minimum internal temperature of 165°F. Consumers may prefer to cook the turkey to higher temperatures of 170°F in the breast and 180°F in the thigh.

Within two hours, put leftover cooked turkey in shallow containers and place in the refrigerator. Use leftover turkey, stuffing and gravy within three to four days. Cooked turkey keeps for three to four months in the freezer. When using leftovers, reheat the food thoroughly to 165°F.

For answers to your turkey preparation questions, call the USDA Meat and Poultry Hotline toll-free at 1-888-674-6854 Monday-Friday and on Thanksgiving Day from 7 a.m.-1 p.m.

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